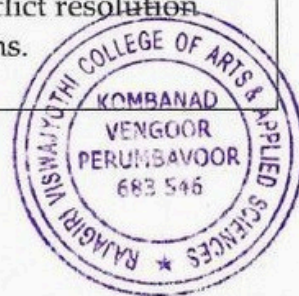




RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

6. Report on Harmony in Connections: Training on Interpersonal Skills

Program Details in a nutshell	
Name of the Event	Harmony in Connections: Training on Interpersonal Skills
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To enhance participants' interpersonal communication skills, enabling them to build strong and positive relationships.• To equip participants with effective conflict resolution strategies, promoting harmony and understanding in their interactions.
Resource Person	Dr. Asha Merin
Date and Time	19-09-2019 to 20-09-2019. 9.30AM to 4.30.P M
Duration	12 Hrs
Beneficiaries	25 Students
Venue or Platform	Auditorium, RVCAS
Organizing Dept./ Cell	Dept. Of Commerce in association with IQAC
Coordinator	P. N Sasidharan Nair, Assistant Professor Department of Commerce
Outcome/ Benefit of the programme	<ul style="list-style-type: none">• Participants will demonstrate improved ability to build and maintain strong relationship• Participants will effectively apply communication and conflict resolution skills in various situations.



Detailed report

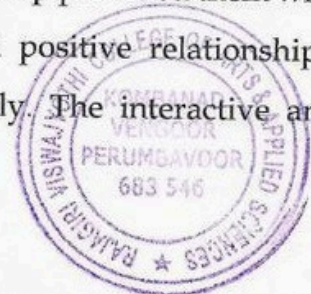
The Harmony in Connections: Training on Interpersonal Skills workshop was a comprehensive program designed to equip participants with the essential skills and knowledge for building strong and positive relationships. Held on September 19th - 20th, 2019, the workshop featured a variety of interactive activities, group discussions, and presentations led by Dr. Asha Merin, a qualified psychologist.

The workshop began with an introduction to the importance of interpersonal skills and their impact on personal and professional success. Dr. Asha discussed the key elements of effective communication, such as active listening, verbal and nonverbal communication, and empathy. She also emphasized the importance of building trust, respect, and rapport with others.

Throughout the workshop, participants engaged in a variety of activities designed to enhance their interpersonal communication skills. These activities included role-playing exercises, communication analysis, and group problem-solving tasks. Participants had the opportunity to practice their communication skills in a safe and supportive environment and receive feedback from their peers and the workshop facilitator.

Another key focus of the workshop was on conflict resolution. Dr. Asha discussed different conflict resolution strategies, such as negotiation, mediation, and compromise. Participants learned how to identify and address conflict in a constructive and respectful manner. They also practiced active listening skills and learned how to give and receive feedback effectively.

The Harmony in Connections: Training on Interpersonal Skills workshop was a valuable learning experience for all participants. The workshop provided them with the knowledge and skills they need to build strong and positive relationships, communicate effectively, and resolve conflict constructively. The interactive and



engaging format of the workshop made the learning experience enjoyable and memorable.

The workshop was a great success, and participants left feeling inspired and motivated to apply the skills and knowledge they had gained to their personal and professional lives. The Department of Commerce and IQAC are committed to providing students with opportunities for personal and professional development, and this workshop was a valuable addition to their offerings.

Feedback Report

The workshop was a highly successful that provided participants with valuable insights and practical tools for improving their communication and relationship-building skills. The workshop's interactive format and experienced facilitator created a conducive learning environment, allowing participants to engage actively and apply the concepts learned to real-world scenarios. Participants reported significant improvements in their communication skills, conflict resolution abilities, and whole interpersonal effectiveness. The workshop's focus on building strong and positive relationships was particularly valuable, providing participants with strategies for enhancing their personal and professional connections.





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COLLEGE OF ARTS AND APPLIED SCIENCES
VENGOOR, PERUMBAVOOR, KERALA - 683546

HARMONY IN CONNECTIONS: TRAINING ON INTERPERSONAL SKILLS



19-09-2019 to 20-09-2019
9:30AM to 4:30 P.M



DR. ASHA MERIN

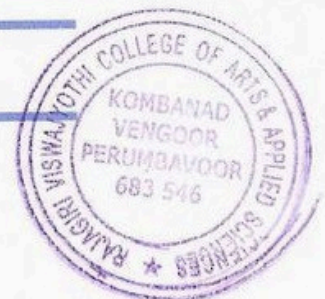
PSYCHOLOGIST, FOUNDER
AND DIRECTOR OF SOOYO
MIND CARE SOLUTIONS

Venue
At Auditorium

Poster of Harmony in Connections: Training on Interpersonal Skills



Insights from the Resource Person"



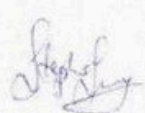

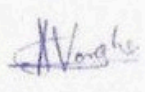
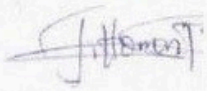

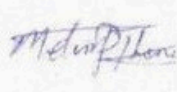
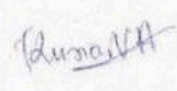
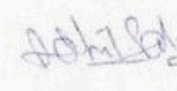
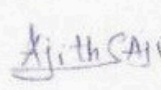

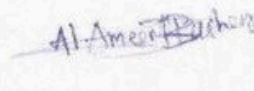

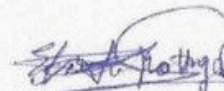

Participant's List

— Harmony in connections. Training on
Interpersonal skills

19-09-2019 to 20-09-2019

- | | | |
|-----------------------|------------------|-------------------|
| 1. Abraham V Kuruvila | III BBA | <u>Abbrn</u> |
| 2. Akshay B Anil | III BBA | <u>Aakshay</u> |
| 3. Anjali Saliou | III BBA | <u>Anjali</u> |
| 4. Calvin Thomas | III BBA | <u>Calvin</u> |
| 5. Gautham Shaji | III BBA | <u>Gautham</u> |
| 6. Joseph Mathew | III BBA | <u>Joseph</u> |
| 7. Kevin Marshall | III BBA | <u>Kevin</u> |
| 8. Krishnanmozhiy C | III BBA | <u>Krishna</u> |
| 9. Joel Josly | III BBA | <u>Joel Josly</u> |
| 10. Josvin Joseph | III Bcom model 1 | <u>Josvin</u> |
| 11. Muhammad Ansal | III Bcom model 1 | <u>Muhs</u> |
| 12. Muhammad Akhmed | III Bcom model 1 | <u>Muhs</u> |



- | | | | |
|-------|----------------------------|---|---|
| 13. | Stephen Sunny | B.com Model 1 |  |
| 14. | ANAKHA SHAJI | B.COM MODEL 1 |  |
| 15. | Ashley Varghose | B.com Model 2 |  |
| 16. | Jithomon
Thankachan | B.com Model 1 |  |
| 17. | Justin Jose | B.com Model 1 |  |
| 18. | Melvin P Thomas | B.com Model 1 |  |
| 19. | Glorian Vincent
Alapatt | B.com Model 1 |  |
| 20. | Adhil Salah M | B.com Logistics |  |
| 21. | AJITH SAJU | B.COM LOGISTICS |  |
| 22. | Akash KM | B.com Logistics |  |
| 23. | Al Ameen T
Basheer | B.com Logistics |  |
| 24. | Aban Binoy | B.com Logistics |  |
| 25. | Ebin Binu | B.com Logistics |  |
| 26-28 | Karthiugal |  | |

